



Healthy Skin ♣ Healthy Life™

# HEADACHE HERBAL BLEND

Tension, pain, and pressure headache got you down? Soothe with Peppermint, Sweet Basil, Lavender, and Frankincense.

## KEY INGREDIENT

- **Lavender:** Known for calming abilities. Will melt away stress and anxiety making you welcome sleep. Quiets your mind as well as soothing sore, tired muscles. Lavender is perfect for a good night's sleep.
- **Peppermint:** Fresh, cool, and stimulating to the senses. Acts as an analgesic, decongestant, and pain reliever.
- **Sweet Basil:** Natural anti-inflammatory and muscle relaxer. Inhaled for migraine relief. Relaxing, soothing, and calming to the nerves without being a sedative (great for kids!). Antispasmodic, cephalic, and also digestive calmer.
- **Frankincense:** Stimulating and elevating to the mind. Has comforting properties that help focus the mind and overcome stress and despair. Also considered a sacred "Anointing Oil."

All Essential Oils are therapeutic grade and maintain Jordan Essentials high standard of quality for your family and ours. Jordan Essentials does not claim to cure any illness. Check with your doctor before use if pregnant, nursing or taking medications. These statements are not reviewed or endorsed by the FDA.

\*Essential Oils in dropper bottles are undiluted and 100% pure. Use blended in your favorite JE products but do not use directly on your skin.



## BENEFITS AND SUGGESTED USES

- No need to take medication that can cause stomach upset. Preventative measures with these helpful techniques will ease the tension and support the relief of headaches naturally.
- Add a few drops from the Herbal Dropper directly to a warm bath to help relieve tension.
- Great when added to Dead Sea Salts. Add 1-2 drops to ¼ cup DSS, mix well, and then add to a warm bath. Relax and let the headache and tension melt away.
- For aromatherapy use the Roll On in a circular motion on one hand, rub hands together then breathe deep.

**HEALTHY SKIN • HEALTHY LIFE**